

## Recent Major Surgery (AK 35-USDA 359)

### Explain to Participant

You're enrolled in the WIC program today because of your recent major surgery, trauma or burns. After surgery, trauma or burns you need higher nutrient intakes so healing takes place faster, you return to your best weight and good nutrition status.

### Goal

The goal is to promote healing by making good food choices of high nutritional quality.

### Suggestions for Reducing Risk

Follow the recommendations of your health care provider.  
Explain nutrition education material suggested.  
Refer participant to a Registered Dietitian (RD).  
Eat a variety of foods from all the food groups every day.  
Drink 8 glasses of water every day

### Nutrition Education Material Suggested

#### Daily Food Guide

### Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein

### Explain What the WIC Nutrients Can Do for You!

<b>Calcium</b>	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
<b>Iron</b>	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
<b>Vitamin C</b>	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
<b>Protein</b>	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
<b>Vitamin A</b>	Helps keep your skin healthy and smooth. Helps you see at night.

### Materials with More Information

You Can Help Your Child Gain Weight...By Adding Protein and Calories